

Family as a Source of Happiness and Achievement: Indigenous Psychology

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Happiness is the affection felt by humans. Sometimes happiness can not be defined in words but can be felt strongly. Happiness can also be derived from a human point of view of representing the world. This point of view can be influenced by education and experience that comes from the cultural environment where adolescents grow up and develop. In Indonesia, especially young people on the island of Java, much influenced by Javanese culture and Islamic religion which is majority embraced by the Java community. Research carried out by providing an open ended questionnaire to 259 students aged adolescents who live in Surakarta, Central Java, Indonesia. Data were analyzed by categorizing the themes of the data obtained from the open ended questionnaire.

The results showed that the important events that make teenagers happy is when they gather with family and hanging out with friends. When they reach certain goals such as achievement or graduate school exams and won the competition is also a happy event because teens can make parents feel proud of them. Together with family make the teens feel happy, close, and loved by the family. The success achieved can make teens feel happy because they can give pride to their parents. Difficulties that are commonly experienced by teenagers is the difficulty in doing in school tasks, when they have to reach certain targets, the difficulty of managing themselves, difficulties in social interaction and also financial difficulties. Families, especially parents is the figure who most responsible for providing support, motivation and advice to teenagers. Support, motivation, advice and prayer was given by parents is also an important source of happiness and achievement.